



Race 5 Milo Junior Triathlon

300m swim: On beach below the Gaol. Location depends on tide, currents etc

9km cycle: Leave the bike compound, push your bike to the top of the road and turn right to ride along Cardwell St, turn right into Wilson St, left into Russell St, continue along to Lighthouse Rd where you will turn around and return the same way but via the top road below the Gaol, continue until you dismount half way around the bend, then push your bike back to the bike compound.

2km run: Turn right when you leave the compound exit, then left to run past the registration area, over the small bridge and right into mosquito alley, keep going straight ahead through the clearing/path to Cardwell St. Turn around at Trial Bay Ecolodges, back through the clearance, turn left down to the catamarans, onto beach and right back to finish line.

